



WELLNESS RESOURCES

To help with the pain, trauma and stress caused by systemic racism, civil unrest and the COVID-19 pandemic.

MENTAL HEALTH, COUNSELING, GRIEF AND HEALING RESOURCES

Ramsey County Children's Mental Health Collaborative

Youth mental health information, support and connections to community resources.

651-293-5951 | rccmhc.org/families
Protest/Riot Response and Healing Circles: TEXT 56525

Minnesota Community Care

Culturally-specific telehealth therapy for the Latinx, African-born and African American communities.

651-247-8926 | mncare.org

Amherst H. Wilder Foundation

Mental health services for all ages and communities. Staff speak English, Spanish, Hmong, Vietnamese, Burmese, Somali, Karen and Khmer.

651-280-2310 | wilder.org

Cultural Wellness Center

Map to Wellness counseling hotline to support people dealing with grief and trauma from recent events.

612-721-5745 | culturalwellnesscenter.org

Threads of Hope Counseling

Guidance on how to combat the fear of COVID-19.
tohcounseling.com/ways-to-combat-the-fear-of-covid-19

Summit Guidance

Mental health services for African immigrants/refugees of all ages. Staff speak Somali, Arabic, Oromo, Amharic and Swahili.

651-348-8073 | summit-guidance.com

Abdur Razzaq Counseling and Social Architecture

Therapy for African American and African immigrant communities of all ages.

651-564-0433 | razzaqcounseling.com

Restoration for All: Virtual Healing Circles

Nontraditional and culturally responsive counseling via virtual holistic wellness and healing circles. Focusing on the impacts of isolation due to COVID-19 and the stress and pain of racism, protest or rioting.

651-366-0279 | restoreall.org

Minnesota Healing Justice Network

Birth wellness for Black and Brown families through community care and collectivist cultural practices.
minnesotahealingjusticenetwork.com/coronavirus

Ramsey County does not support organizations that require participation in religious activities in order to receive services.

RAMSEY COUNTY RESOURCES



- Mental Health Center: 651-266-7890
- Adult Mental Health First Aid and Crisis Line: 651-266-7900
- Children's Mental Health First Aid and Crisis Line: 651-266-7878

Mental Health Center provides chemical and mental health services to all residents.

Mental Health First Aid can help if you're struggling to cope with stress, having difficulties parenting, concerned you don't have food or basic supplies, or feeling lonely or hopeless. Responders can talk through your concerns and connect you to resources.

Mental health crisis services are available 24/7 for adults and children. Crisis teams can help over the phone, meet you in the community, and provide connections to services and resources.



More resources available at:
ramseycounty.us/MentalHealthResources

 RAMSEY COUNTY

ADDITIONAL RESOURCES

COMMUNITY RESOURCES FOR CHILD AND FAMILY MENTAL HEALTH

Organization	Contact	Services
American Indian Family Center	651-793-3803	Holistic and traditional healing.
Canvas Health	651-777-5222	Crisis and trauma counseling for those who may not be able to afford care.
Casa de Esperanza Advocacy	651-772-1611	Services for those experiencing domestic violence.
CLUES	651-379-4200	Mental health for Spanish-speaking community members.
Face to Face Counseling Services	651-772-5555	Health care, counseling and programs for homeless youth 11-24 years old.
Northeast Youth & Family Services	651-486-3803	Mental health agency that responds to all types of trauma for people of all ages, abilities and backgrounds.
South Asian Community Health	952-905-4640	Provides mental health and domestic violence services for Asian Indian families.



LOOKING FOR MORE RESOURCES FOR CHILDREN?

Call Ramsey County's Early Childhood Initiative: 651-266-4364

COMMUNITY RESOURCES FOR ADULT MENTAL HEALTH

Organization	Contact	Services
Health Partners Clinics	651-647-2100	Behavioral health and addiction services.
Hmong American Partnership	651-495-1557	Provides chemical and mental health services for Hmong-speaking community members.
JustUs Behavioral Health Clinic	612-373-9160	Mental, chemical and sexual health services for LGBTQ2S+ people, those living with HIV or from communities that face barriers to behavioral health support.
Sonam at True Thao Counseling Services	651-771-2155	Therapy for refugees. Fluent in Nepali, Hindi and Tibetan.
Tubman	651-365-8289	Mental health clinic.
US Veterans Affairs	651-644-4022	Counseling for veterans.



More resources available at:
[ramseycounty.us/MentalHealthResources](https://www.ramseycounty.us/MentalHealthResources)

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